

Living in Harmony

Embrace the possibilities

15050 Birwood Street Detroit, Michigan 48238-1604 • www.pvm.org Issue: **FEBRUARY 2016**

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Harmony Manor News:

Hello friends here we are in another season. Every day is unique; every day the adventure starts all over again, and the more you use positive thinking the more you will notice that this is the case. It is in your power to make every day count, as you can invite the experiences you want in your life through positive thinking affirmations.

That is why when you add the word "today" to your positive affirmation, its power is even greater. *MLG*



#1: It's good for you.

#2: It saves resources.

#3: Volunteers gain professional experience.

#4: It brings people together.

#5: It promotes personal growth and self-esteem.

#6: Volunteering strengthens your community.

#7: You learn a lot.

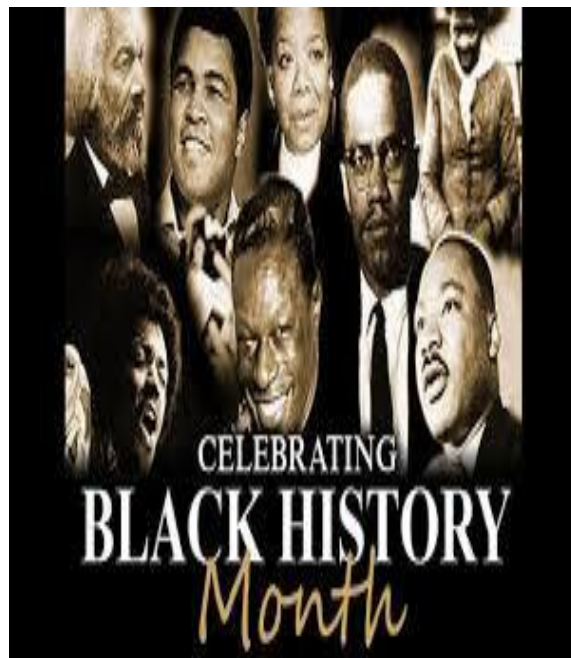
#8: You get a chance to give back.

#9: Volunteering encourages civic responsibility.

#10: You make a difference.



Look for PVM on:





From the Desk of the Service Coordinator:

Please join us February 25th in the community room from 12-2pm. If you have healthcare questions or concerns, Concerto Healthcare will be here to assist. Formerly known as Fidelis Secure Care, Inc and originated in Irvine, California in 2004. Concerto Healthcare provides healthcare services to patients who are Medicare and Medicaid eligible. Concerto Healthcare can address a number of medical conditions, describe various health plans and talk about care transitioning, as well as provide other medical, social, and logistical services. They have expanded their care centers nationally to places like Washington, and now we have them in the great state of Michigan and in the Detroit area. I look forward to seeing you all there.

David Jones
 Service Coordinator at Harmony Manor
 15050 Birwood Street
 Detroit, MI 48238
 313-934-7920
DaJones@nationalchurchresidences.org
www.nationalchurchresidences.org
 Monday - Friday (10:00 am - 2:00 pm)

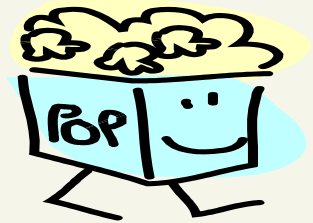
Announcements



*Every Saturday
 Movie Day
 6:00pm*

Community Room

Bring your snacks



*Every 2nd Wednesday
 Tenant Council
 Meeting @ 6:00pm
 Community Room*

*Sunday Service
 Hope Presbyterian Church
 15340 Meyers
 Detroit, MI 48238
 Fellowship begins
 @ 10:00 am
 Transportation Available
 Please call
 Stephanie 313.861.2865*



Senior Activities in the Detroit Metropolitan Area

Museums & Historical Sites

- Ann Arbor Hands-On Museum** • 734-995-5439
- Automotive Hall of Fame** • 313-240-4000
- Black Holocaust Museum** • 313-491-0777
- Charles H. Wright Museum of African American History** • 313-494-5800
- Cranbrook Art Museum** • 248-645-3323
- Cranbrook House and Gardens** • 248-645-3147
- Detroit Historical Museum** • 313-833-1805
 - *Historic Fort Wayne* • 313-833-1805
 - *Dossin Great Lakes Museum* • 313-821-2661
- Detroit Institute of Arts** • 313-833-7900
- Edsel and Eleanor Ford House** • 313-884-4222
- Fort Malden National Historical Site** • 519-736-5416
- GM World** • 313-667-7151
- International Gospel Music Hall of Fame and Museum** • 313-592-0017
- Henry Ford Estate** • 313-593-5590
- The Henry Ford Museum, Greenfield Village, Imax Theatre** • 313-271-1620
- Holocaust Memorial Center** • 248-553-2400
- International Institute of Metropolitan Detroit** • 313-871-8600
- John Freeman Walls Historic Site and Underground Railroad Museum** • 519-727-6555
- Meadow Brook Hall** • 248-370-3140
- Michigan Sports Hall of Fame** • 248-473-0656
- Motorsports Museum and Hall of Fame** • 248-349-7223
- Motown Historical Museum** • 313-875-2264
- Tuskegee Airmen National Museum** • 313-843-8849
- Walter P. Chrysler Museum** • 1-888-456-1924

PVM Store Features Winter Goodies with Your Village Logo

By the PVM Marketing Department

As you may know, earlier this year the Sales and Marketing Department was proud to launch the first ever Presbyterian Villages of Michigan ecommerce store as part of our year-long celebration of PVM's 70th Anniversary. Made possible via a grant from the PVM Foundation, the PVM store allows staff members, residents, board members, and their families the opportunity to purchase great PVM apparel and accessories complete with the village logo of their choice. Apparel options include shirts, sweatshirts, jackets, bags, hats, and all kinds of other essentials.

For the month of November, the PVM store is proud to run a special holiday promotion that will make giving the gift of PVM easy and affordable. All you have to do is visit the PVM store by typing pvmstore.org in your browser, choose the items you want to buy, and enter the coupon code "**PVMHappyHolidays10**" when checking out. If you've done it correctly, you'll receive 10% off of each item in your order.

Along with our current stock of awesome apparel, we've added all kinds of winter-themed goodies including hats, gloves, scarves, and other great items that'll make the perfect gift for the PVM employee, resident, or family member in your life.

Before you know it, the holidays will soon be upon us – so, what are you waiting for? Promote your PVM pride and spread some holiday cheer by doing this year's shopping at the PVM store.

*To visit the PVM store, type www.pvmstore.org into your web browser. Enter the coupon code **PVMHAPPYHOLIDAYS10** to receive 10% off of your order placed before December 1st. Have suggestions for items you don't see in the store? Email us at gdowney@pvm.org or tell your administrator.*



TOP 10 TO REMEMBER

- 1) FOBS Are For Residents Only
- 2) Do Not Open the Door/Allow Strangers Into the Building
- 3) Wear Your Life Line Pendant & Keep Your Cell Phone With You
- 4) NO SMOKING, No Incense & No Candles in Apartments
- 5) Check On Your Neighbors
- 6) Report All Work Orders
- 7) Pick Up After Yourself & Remind Your Guests to Do the Same
- 8) All Garbage Must Be In A Tied Trash Bag & Break Down Boxes
- 9) Attend Tenant Committee Meetings
- 10) Overnight Guests Are Allowed 21 Days Per Year & Must Register With Office



A Culture of Philanthropy at PVM

What is “philanthropy” and what does it mean to have a “culture of philanthropy?” In simple terms, philanthropy is an act done or gift made **to help make life better for others**. Philanthropy is a values-based process that happens when someone feels compelled to give, not because they felt pressured, but because their interests match that of the organization. Philanthropy is rarely transactional—it’s transformative, it’s an investment.

Without philanthropy, Presbyterian Villages of Michigan would not exist. PVM’s flagship Village, The Village of Redford, was established in 1945 through a \$10,000 philanthropic gift made by Clarence D. Sterling. Philanthropy is integral to PVM’s history *and* future, with 27 Villages and the many numerous programs and services that impact residents every day.

As an example, through the generous philanthropy of donors, the PVM Foundation granted **\$7,457,530*** in 2015 for Village projects and programs including the following:

- Pre-development activity at **The Thome Rivertown Neighborhood** for the Weinberg Green Houses® and community space
- A new bus at **The Village of Holly Woodlands**
- Wellness Center upgrades at **Perry Farm Village**
- A new computer and printer at **The Village of Bethany Manor**
- Funding for resident activities at **16 Villages**
- Beauty shop renovations at **The Village of Westland**

At PVM, we encourage everyone to embody a culture of philanthropy as a way of life, to inspire and encourage others to give back to their community. Our goal is to educate about the importance of philanthropy, honor those who give, and ensure that the tradition of philanthropy is continued by future generations.

We are very appreciative and thankful to all donors and supporters of the PVM mission—**THANK YOU** for all you do to help seniors thrive and to create a culture of philanthropy! If you have any questions or comments, please contact us at 248-281-2040 or pvmfoundation@pvm.org.

Warm regards,
Paul J. Miller, CFRE

– SUPPLEMENT INCOME WITH FIXED ANNUAL PAYMENTS FOR LIFE –

HELPING OTHERS
helps you!

Did you know you can secure a fixed rate annuity that will generate annual payments for life by making a contribution to PVM?

UP TO
9%
RETURN

Presbyterian Villages
OF MICHIGAN
THE FOUNDATION

Check out your possible rate of returns by visiting www.pvmgifts.org

Or, for more information, call Paul Miller at the PVM Foundation
248.281.2045

Fitness with Peace

Fitness Classes are held

Monday, Tuesday and Thursday

At 9am to 11am in the Wellness room

with our volunteer fitness instructor:

Rosetta Peace

*All are welcome to come
down and join in. Work out on
the tread mill, we teach mid-style
of exercise routine*

*We enjoy having you as a resident and a
member of the fitness club.*

Rosetta Peace

**Harmony Manor "STEPPERS" fitness
Instructor**



Thank you to our Veterans!



*By Lynn Alexander,
Vice President of Public Affairs*

THE LATEST ON THE AGING OF AMERICA

NEW FLASH! Our society is getting older! I call this a new flash in jest since almost everyone seems to know this either from the news itself or from personal experience. Every family and community in America is involved in some way with this dramatic demographic shift in our culture. Whether you are a senior citizen, a provider, a senior's loved one or an advertiser this notion will resonate with you. Although we know this important fact, actually focusing in on specific statistics really brings the case home. The Administration on Aging has published some very interesting data which I thought you may find interesting:

America's population age 65 and over numbered 44.7 million in 2013, an increase of 8.8 million or 24.7% since 2003.

The number of Americans aged 45-64 – who will reach 65 over the next two decades – increased by 20.7% between 2003 and 2013.

About one in every seven, or 14.1% of the population, is an older American.

Persons reaching age 65 have an average life expectancy of an additional 19.3 years (20.5 years for females and 17.9 years for males).

There were 67,347 persons aged 100 or more in 2013.

Older women outnumber older men at 25.1 million older women to 19.6 older men.

Older men were much more likely to be married than older women - 72% of men, 46% of women.

These statistics are not only interesting for all, but vitally important for women. They show us that women are far more likely to live alone as they age and have an even greater need for financial security. Wayne State University's Institute of Gerontology has placed a great deal of focus on developing financial acumen for seniors. Their website is: www.iog.wayne.edu. Local senior centers also have programs available to build a path for financial acumen and sustainability. A major decision for many women involves how pension monies are disbursed. If possible, do not take a larger amount while both spouses are living and then a lower amount on the death of a spouse. This can endanger the financial capability of the surviving spouse. If you are having difficulty collecting on a pension due to mergers or other corporate issues, Elder Law of Michigan has a pension hotline to assist. Their hotline number is: (866) 400-9164.

FRIENDLY REMINDERS & ANNOUNCEMENTS:

MAINTENANCE PROCEDURES: PLEASE REMEMBER THAT ALL WORK REQUESTS/WORK ORDERS **MUST** BE PLACED WITH THE MANAGEMENT OFFICE. **PLEASE** DO NOT STOP **MR. BULLOCK** IN THE HALLWAYS REGARDING ANY WORK THAT NEEDS TO BE DONE IN YOUR APARTMENT.

PLEASE REMEMBER TO HAVE YOUR GUEST/FAMILY AND/OR DOCTORS SIGN IN AND OUT ON THE VISITORS LOG SHEET. IT IS IN THE BEST INTEREST OF ALL OF US THAT WE KNOW WHO IS IN OUR BUILDING.

THANK YOU FOR YOUR COOPERATION - MANAGEMENT

****NOTARY SERVICES PROVIDED BY YOUR ADMINISTRATOR, MISTY L. GREGORY.**

Call Ms. Jackie for a Hair Appt. (313) 320-0301



Happy Birthday Wishes

**Sue Frances Wimbush 2/8
Ola Clay 2/20
Anna Jones 2/22**



**Harmony Manor Board
of Directors
2016**

Board Chairperson
Rev. Dr. Arthur Caldwell

Board Vice Chair
Lisa Watkins

Secretary
Marjorie Ball Walker

Treasurer
Ronald Spears

Trustees
Michael Taylor
Charles Reese
Ruthenia Henderson
Rev. Dr. Lawrence Glenn, Sr.



Misty L. Gregory, Administrator's Message

Fun Facts about FEBRUARY

In the Georgian calendar, the calendar that most of the world uses, February is the second month of the year. Most of the months have 30 or 31 days in a month but February is shorter. February has 28 days until Julius Caesar gave it 29 and 30 days every four years.

Below are some fun facts about February:

1. The birthstone for February is Amethyst.
2. Two zodiac signs for February are Aquarius (January 20 - February 18) and Pisces (February 19 - March 20)
3. The month has 29 days in leap years, when the year number is divisible by four. In common years the month has 28 days.
4. Viola (plant) and the Primrose are the birth flowers.
5. Black History Month is celebrated in Canada and United States.
6. National Day of the Sun is celebrated in Argentina.
7. In order to complete the Soviet Union's victory in Stalingrad during World War II, the last German troops surrendered in the Stalingrad pocket.
8. On February 4, 1861, a temporary committee met at Montgomery, Alabama where they organized a Confederate States of America.
9. On February 6, 1933, Amendment 20 to the United States was proclaimed which moved the Inauguration Day to January 20th.
10. In February 1910, the Boy Scouts of America was incorporated.
11. On February 6, 1899. The U.S. Senate ratified the peace treaty that led to the end of the Spanish-American War.
12. On February 6, 1952, Princess Elizabeth became Queen Elizabeth II of Great Britain.
13. February 11 - National Foundation Day in Japan
14. February 12 - Abraham Lincoln's Birthday
15. February 14 - Valentine's Day
16. February 21 - International Mother Language Day
17. February 22 - Independence Day in Saint Lucia
18. February 22 - George Washington's Birthday
19. February 24 - Flag Day of Mexico

<http://entourages.com/barbs/december.htm>

February 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Daily Café 	2 Daily Café 	3 Shopping Trip Van leaves at 10:00am 	4 Bingo Every Thursday @ 6pm 	5 12:45pm 	6 Movie Night @6pm Comm. Room 
7  Super Bowl Sunday!	8 Sue Frances Wimbush  Happy Birthday!	9 Rachel's Mobile \$ Store 10am to 12pm 	10 Tenant Council Meeting @6pm 	11 Bingo Every Thursday @ 6pm 	12 12:45pm 	13 Movie Night @6pm Comm. Room 
14  Happy Valentine's Day!	15 Daily Café 	16 Daily Café 	17 Shopping Trip Van leaves at 10:00am 	18 Bingo Every Thursday @ 6pm 	19 VHM Board Meeting @9:00am 12:45pm 	20 Ola Clay  Happy Birthday!
21  Happy Valentine's Day!	22 Anna Jones  Happy Birthday!	23 Daily Café 	24 Daily Café 	25 Bingo Every Thursday @ 6pm 	26  Food for Seniors 12:45pm 	27 Movie Night @6pm Comm. Room 
28  Happy Valentine's Day!	29 Daily Café 					

****Thank you very much Harmony Manor Resident Volunteers for all you do!!****
Misty L. Gregory, Administrator

- 2/5/16 @ 8:00 am – Eagle Alarm Annual Inspection
- 2/10/16 @ 6:00 pm – Resident Workshop / Zeta Phi Beta Sorority Inc., Upsilon Psi Zeta Chapter
- 2/13/16 @ 9:00am – Resident Breakfast / Zeta Phi Beta Sorority Inc., Upsilon Psi Zeta Chapter
- 2/17/16 @ 12:00 pm – DMC Nurse give Wellness Presentation
- 2/25/16 @ 12:00 pm - Concerto MOC & Nutrition Workshop
- 2/29/19 @ 10:00am to 11:00 - St. Patrick Senior Center – Presentation for Senior Membership \$5

**Presbyterian Villages
of Michigan
Mission Statement**

Guided by our
Christian heritage,
we serve seniors of
all faiths and create
new possibilities for
quality living.

www.pvm.org

Office Numbers

PHONE: (313) 934-4000

FAX: (313) 934-4017

Staff at Your Service:

Kesha Akridge
Director of Housing

Misty L. Gregory
Administrator

David Jones
Service Coordinator

Andrew Bullock
Maintenance Tech.



The Village of
**Harmony
Manor**

A SENIOR LIVING COMMUNITY

Office Hours: 8:00 am – 4:30pm
Monday thru Friday

EMERGENCY NUMBER
(313) 670-0407



Presbyterian Villages of Michigan Foundation serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit www.pvmfoundation.org



**Presbyterian
Villages**
OF MICHIGAN
SERVING SENIORS & COMMUNITIES



February Recipe Chicken Casserole



Ingredients

- 2 tablespoons butter or vegetable oil
- 1 medium onion, peeled and diced
- 1 medium broccoli, clean and cut into pieces
- 3 cups diced, cooked chicken
- 1 (4-ounce) jar pimentos
- 1 (10 3/4-ounce) can condensed cream of celery soup
- 1 cup mayonnaise
- 1 (6-ounce) box long-grain wild rice, cooked according to package directions
- 1 cup grated sharp Cheddar
- Pinch salt

Directions

Preheat oven to 350 degrees F.

Heat butter or oil in a small skillet over medium heat. Add onion and sauté until translucent, about 5 minutes. Remove from heat and transfer to a large bowl.

Add all remaining ingredients to bowl and mix together until thoroughly combined.

Pour into a greased 3-quart [casserole dish](#). Bake for 20 to 25 minutes or until bubbly. Let stand for a few minutes before serving.

<http://www.food.com/recipe/chicken-broccoli-cheddar-bake-204160>



Songs From the Year 2002

Find and circle all of the songs from 2002 that are hidden in the grid.
The remaining 21 letters spell an additional song title from 2002.

N E V A E H G I R L F R I E N D C E
 E M T U O H T I W A H S I L O O F L
 A N D H Z Y D E T A C I L P M O C D
 T L B I P Y S E L G N E H U A F A D
 T O L P L C A F C A T L U O E U D I
 Y O A M A E C D E I O Y H Y R L D M
 H H X P Y R M L Y S F O H R I L I E
 B E E I A L C M E N Y I U O A M C H
 Y U L Z C S I Y A O I B R F L O T T
 T A Y L D I O F G I S A O C S O I S
 H O D N A U T I E T T M R G A N V I
 E N A Y R G R Y I A I Y U T S S E L
 W H I S R L O K O V L E B A B Y Y Y
 A S E H T E R O H I L H E R E I A M
 Y L P A T O V E D T F B L U R R Y D
 F F L I W O R E M O L D I S E A S E
 Y K H E N O N I N M Y P L A C E A D

ADDICTIVE	ESCAPE	HEAVEN	NOTHIN'
AERIALS	EVERYDAY	HELLA GOOD	OH BOY
ALL MY LIFE	FOOLISH	HERE I AM	RAINY DAYZ
BABY	FOR YOU	HERO	SPIN
BLURRY	FULL MOON	HEY MA	STILL FLY
BY THE WAY	GIRL TALK	IN MY PLACE	THE MIDDLE
COMPLICATED	GIRLFRIEND	LOSE YOURSELF	TOXICITY
DAYS GO BY	HALFCRAZY	MOTIVATION	UH HUH
DILEMMA	HANDS CLEAN	MY LIST	WITHOUT ME
DISEASE	HAPPY	MY SACRIFICE	WORK IT

<http://www.puzzles.ca/wordsearch.html>

**BRAIN
POWERD**



Important Information For Social Security Beneficiary

Social Security beneficiaries won't get bigger payments in 2016. There wasn't enough inflation in 2015 to trigger a cost-of-living adjustment to monthly benefits. However, there are a few ways Social Security will change next year.

No payment increase. This is the third time there has been no Social Security payment increase since automatic cost-of-living adjustments began in 1975. There was also no increase in payments in 2010 and 2011. In January 2015 the cost-of-living adjustment was 1.7 percent. Social Security payments are adjusted to keep up with inflation as measured by the Consumer Price Index for Urban Wage Earners and Clerical Workers, but are not decreased when the index does not detect inflation. The average monthly benefit for retired workers is expected to be \$1,341 per month in 2016, and retired couples who are both receiving benefits will receive an average of \$2,212 monthly.

Stagnant tax cap. In years when there is no cost-of-living adjustment, there is also no change in the maximum amount of earnings subject to the Social Security tax, which will remain \$118,500 in 2016. Earnings above this amount are not subject to the Social Security portion of the payroll tax or used to calculate retirement payouts.

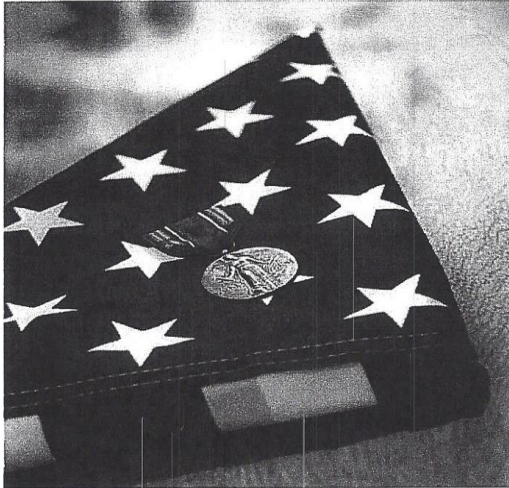
Earnings limit unchanged. The Social Security earnings limit for people who work and claim Social Security payments at the same time will remain \$15,720 in 2016 for people ages 65 and younger. Social Security beneficiaries who earn more than this amount will have \$1 in benefits temporarily withheld for every \$2 in earnings above the limit. For people who will turn 66 in 2016, the earnings limit climbs to \$41,880, and the reduction in payments for earning too much declines to \$1 withheld for every \$3 in excess earnings. Once a retiree turns 66 in 2016, the earnings limit no longer applies and benefit payments are recalculated to factor in withheld payments and continued earnings.

Existing beneficiaries protected from Medicare premium increase. Most retirees who are already receiving Social Security benefits will continue to pay the same Medicare Part B premium in 2016, because Medicare Part B premiums are prevented by law from increasing faster than Social Security payments for most existing beneficiaries. However, retirees who first sign up for Medicare Part B in 2016 and high income Medicare beneficiaries may pay higher monthly premiums than people who previously signed up for Social Security.

Maximum possible benefit declines. The maximum possible Social Security payment for a 66-year-old worker who signs up for Social Security in 2016 will be \$2,639 per month, down \$24 from \$2,663 in 2015. "A decrease in full maximum benefits occurs when there is no cost-of-living adjustment, but there is an increase in the national average wage index," according to a statement from the Social Security Administration.

Longer office hours. Following years of cutbacks, the Social Security Administration expanded office hours in many of its field offices beginning in March 2015. However, most offices continue to close to the public at noon on Wednesdays so that employees can work to reduce backlogs.

Serving Wayne, Oakland, Macomb, St. Clair,
Lapeer & Sanilac Counties



Project Home

Providing Supportive Services to Veterans Who are Facing Homelessness (SSVF)

What is the definition of a veteran for this program?

A person who has served under any branch of the Armed Forces of the United States. You are a veteran even if you were never stationed in a combat zone. SSVF can serve veterans who have a discharge status other than dishonorable.

Services

Funded by The U. S. Department of Veteran Affairs, the Veteran Family Services program is administered through Disability Network to provide supportive services to very-low income veterans facing homelessness. Designed to improve housing stability, case management services may include assistance securing:

- Housing
- Legal Aid referrals
- Personal Financial Planning
- Temporary financial assistance, including time-limited payments for rent, utilities, security and utility deposits, and emergency supplies.

Eligibility:

To receive supportive services under this program you must:

- 1) Be a veteran, or a member of a family in which the head of household, or the spouse of the head of household is a Veteran
- 2) At least one day of active military service
- 3) Discharge other than dishonorable
- 4) Meet income eligibility requirements
- 5) Be homeless, or at imminent risk of becoming homeless

For More Information Please Contact:

- ⇒ Wayne County Disability Network— 313-923-1655
- ⇒ Macomb County Disability Network— 586-268-4160
- ⇒ Oakland County Disability Network— 248-359-8960
- ⇒ St. Clair, Lapeer & Sanilac Counties: Blue Water Center for Independent Living—810-987-9337

Helpful Resources

Michigan Office of Services to the Aging

Phone: 517-373-8230

Website: www.michigan.gov/miseniors

Michigan Medicare / Medicaid Assistance Program

Phone: 800-803-7174

Website: www.mmapinc.org

A.A.R.P.

Website: www.aarp.org/decide

National Consumer Voice for Quality Long-Term Care

Phone: 202-332-2275

SENIOR AGENCIES:

Detroit Area Agency on Aging (1-A)

1333 Brewery Park Blvd., Suite 200

Detroit MI 48207-4544

Phone: 313-446-4444

Website: www.daaa1a.org

Senior Solution Radio Program Saturdays at 10:00 a.m.

Serves the cities of Detroit, Hamtramck, Highland Park, Grosse Pointe Shores, Grosse Pointe Woods, Grosse Pointe Farms, & Harper Woods. Services are provided to individuals age 60 years and older (55 years old in the case of employment and training services) who reside in the service area. It makes a variety of home and community-based services available to older persons, adults with disabilities, caregivers and service providers through public and private funding.

Phone: 855-myride2 or 855-697-4332 toll free

Website: www.myride2.com

Has a new senior/disabled transportation resource! Myride2 helps coordinate transportation for older adults and disabled adults. Call the above number or book a ride online at the website above. We will work with both non-profit and private transportation companies to help find a ride option appropriate to the caller situation.

Alzheimer's Association--Greater Michigan Chapter

Phone: 800-272-3900 Helpline

Website: www.alz.org/gmc

The Alzheimer's Association is here to help Persons with Alzheimer's disease and related dementias and their caregivers

<http://julieslist.homestead.com/seniorcitizenresources.html>